

Conference Registration

How To Register

Go to www.eventbrite.com and search: Montana Psychiatry Conference or

Scan this QR code:



Registration Fees

In Person

MPA or MAPP Member = \$265

Non-member = \$315

*Final day to register is 10/20/21

Live Webinar

Registration= \$150

*Final day to register is 11/11/21

Who Should Attend

Psychiatrists

Primary Care Providers

Psychiatric Nurse Practitioners

Psychiatric Physician Assistants

Mental Health Administrators and Leaders

Registration Support

Contact Rachel Dombach, Conference Coordinator

Email: Rachel@montanapsych.org

Call: 360-305-8052

www.montanapsychiatryconference.org

www.montanapsych.org

Conference Location

Chico Hot Springs Resort

163 Chico Road

Pray, Montana 59065

www.chicohotsprings.com

Lodging Reservations

Call early for the best rooms and mention that you are attending this conference

Reservations: 406-333-4933

Course Objectives

The Ketogenic Diet in Medicine and Psychiatry

1. Describe the ketogenic diet and different versions of this diet
2. Propose evidence-based dietary recommendations for weight loss
3. Summarize the scientific rationale for using the ketogenic diet in weight loss, diabetes, Alzheimer's disease, schizophrenia, and bipolar disorder

Aging and Premature Mortality in People with Mental Disorders

1. Outline the evidence for accelerated aging in people with mental disorders
2. Discuss some of the mechanisms for this accelerated aging
3. Describe the connections between mental and metabolic disorders

Wisdom and Positive Psychiatry in the Era of the Pandemics

1. Assess loneliness and other social determinants of health
2. Evaluate wisdom and its components, especially compassion
3. Use strategies to increase compassion and reduce loneliness

Healthy Living and Prevention of Mental Illness

1. Assess the contributions of resilience, optimism, and social engagement to overall health
2. Identify common practices to enhance healthy lifestyle in people with or without mental illnesses
3. Apply strategies to prevent new occurrence and relapses of specific mental illnesses

Problematic Technology Use

1. Identify different conceptualizations of problematic technology use including problematic internet use (PIU), internet gaming disorder (IGD) and social media addiction (SMA)
2. Assess risk factors, symptoms and negative health outcomes associated with maladaptive technology use
3. Consider approaches to screen and intervene among youth with suspected maladaptive technology use

Social Media and Adolescent Mental Health

1. Evaluate the current state of the field regarding associations between social media and adolescent mental health
2. Examine ways in which adolescents use social media to share their mental health experiences
3. Assess your own approaches in how to discuss social media use with patients

2620 Colonial Dr, Ste B
Helena, MT 59601
montanapsych.org



MONTANA PSYCHIATRY CONFERENCE



CHICO HOT SPRINGS RESORT

NOVEMBER 13, 2021

Insightful Thinking. Real World Instruction.

The Montana Psychiatry Conference offers fellowship, recreation, and education to Montana's psychiatric community in a beautiful, legendary location. It is our hope that you will have meaningful opportunities to connect with others, relax and recharge your batteries and add valuable information to your knowledge base as we all work together to provide exceptional care to our communities.

Dr. Len Lantz, MPC Chair, personally and respectfully requests all attendees who wish to join the conference in-person this year to get vaccinated against the COVID-19 virus.

In consideration for those who cannot attend in person, we are offering a live webinar option, which includes live viewing privilege, participation in the Q & A sessions and CME credit.

Chico Hot Springs Area Information

Weather conditions in Paradise Valley can change rapidly. Plan accordingly both in reference to clothing and driving plans. Several activities (spa, swimming, hiking) and excellent dining options are available at Chico and the surrounding area. If you plan to dine at the Chico Restaurant, make your reservations well in advance.

Accreditation

The Montana Psychiatric Association is affiliated with the University of Washington School of Medicine.

The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Washington School of Medicine designates this live activity for a maximum of 6.75 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Conference Schedule

Chico Convention Center

7:00 AM: Registration table opens, breakfast buffet

7:30 AM: Sign in for live webinar attendees

8:00 AM: Welcoming remarks by Dr. Len Lantz

8:30 AM: Christopher Palmer, M.D., "The Ketogenic Diet in Medicine and Psychiatry"

9:30 AM: Break

9:45 AM: Christopher Palmer, M.D., "Aging and Premature Mortality in People with Mental Disorders"

10:45 AM: Break

11:00 AM: Dilip Jeste, M.D., "Wisdom and Positive Psychiatry in the Era of the Pandemics"

12:00 PM: Catered Lunch

1:00 PM: Dilip Jeste, M.D., "Healthy Living and Prevention of Mental Illness"

2:00 PM: Break

2:15 PM: Megan Moreno, M.D., "Problematic Technology Use"

3:15 PM: Break

3:30 PM: Megan Moreno, M.D., "Social Media and Adolescent Mental Health"

4:30 PM: Conference wrap-up

4:45 PM: Adjourn. Please join us for the post conference reception

2021 Montana Psychiatry Conference Speakers



Dr. Chris Palmer is a psychiatrist and researcher working at the interface of metabolism and mental health. He is the Director of the Department of Postgraduate and Continuing Education at McLean Hospital and an Assistant Professor of Psychiatry at Harvard Medical School. For over 25 years, he has worked with people who have treatment-resistant mental illnesses using standard treatments. He has been pioneering the use of the medical ketogenic diet in the treatment of psychiatric disorders - conducting research in this area, treating patients, writing, and speaking around the world on this topic. More broadly, he is interested in the roles of metabolism and metabolic interventions on brain health.



Dilip V. Jeste, M.D. is the Senior Associate Dean for Healthy Aging, and Distinguished Professor of Psychiatry and Neurosciences at University of California San Diego. His areas of research include schizophrenia and positive psychiatry. He has published 14 books, 725 peer-reviewed articles and 160 book chapters. He is Past President of the American Psychiatric Association and American Association for Geriatric Psychiatry. Dr. Jeste is a member of the National Academy of Medicine, and was a member of the NIMH Advisory Council and NIH Council of Councils. He was a TEDMED speaker and is Editor-in-Chief of *International Psychogeriatrics*. He was listed in "The Best Doctors in America" and in the Institute of Scientific Information list of the "world's most cited authors".



Dr. Megan Moreno is a Professor of Pediatrics and Adjunct Professor of Educational Psychology at the University of Wisconsin Madison. She is an adolescent medicine physician and researcher, and is the PI of the Social Media and Adolescent Health Research Team (SMAHRT). Dr. Moreno also serves as the Vice Chair for Academic Affairs and on the American Academy of Pediatrics Council on Communication and Media. Her research focuses on the intersection of adolescent health and digital media, with a particular focus on social media. She has authored over 100 research articles on this topic and written and edited several books.